



Basic Exercise Knowledge

Before getting into your exercise routine, we'll need to go over some terms that you will need to understand in order to begin seeing improvement in the following weeks (*short-term goals*) to months (*long-term goals*).

Remember **BAPS**, which stands for:

Breathing
Abs (Squeezing/Engaging Abs)
Posture (Spinal Alignment)
Speed (Movement Tempo)

Sedentary behaviour is the technical term to describe someone who sits more often than not sitting at all. Sitting for more than 70% of your day increase your chance of hip, back, neck & knee pains and complications. **Non-Sedentary** means the individual is very active as opposed to not very active, although standing stationary for more than 70% of your day can cause issues such as varicose veins, strain and general joint compression.

Flexibility is a term used to describe the ability to bend without snapping. In the case of muscles and joints, it is the ability to perform and hold a full **Range of Motion (ROM)**, the range in which we can comfortably obtain) stretch in a specific region to relieve joint / muscle tension; We call this type of stretching **Static Stretching**.

Mobility is the ROM in a single or multiple joints, allowing for the limbs of your body to fluidly and painlessly move, rotate and dynamically cross over other muscles. We call this stretching **Dynamic Stretching**.

Rest, or a recuperation period is often neglected and / or completely misunderstood. Resting our body is incredibly important in order for your muscles, joints, tendons and energy systems to recover from the damage that was done during an intense exercise. Depending on your routine, you will either need to incorporate more, or less rest time (Depending on the trained intensity). **Program Planning** and **Periodization** becomes a staple in any routine to further an individuals advancements, especially when exercising more often or more intensely.

Moderation is often times overlooked since we become so obsessed with our goal, and we lose track of the priority which is keeping our body healthy, strong and safe; this is NOT to be mistaken for laziness.

Consistency is still an incredibly important aspect of our overall fitness, and we need not look further than a simple balance in our routine, considering our **Variational Requirements** (*Weightlifting Checklist, p. 9*) and **FITT principle** (*p. 4*). Here's a calculation to figure out the MAXIMUM number of times per year we aim to workout;

LIGHT / MEDIUM = 2.5 to 3.5 x / week * 52 (minus ~4-10 WEEK BREAKS) weeks = ~105 – 168 Days / Year

HEAVY = 0.5 to 1.5 x / week * 52 (minus ~10-12 WEEK BREAKS) weeks = ~20 – 63 Days / Year

Now of course, this is just a calculation, however training any more than the calculated value could lead to the possibility of **Overtraining** Syndrome. Overtraining usually occurs when we do too much work without the required amount of rest we need to recover. This can lead to invidible pains, injuries and/or constant fatigue. In a **Rehab/Maintanance State**, we would do **LIGHT WORK (10-50%)** in our **HEAVY - MEDIUM day range (Sometimes less)** to recover *Ability* (Functionality in basic skillsets, muscular strength / stability / mobility / flexibility).

Nutrition determines your energy level, muscle and body fat amount. Foods we eat are converted into useable energy that allow us to operate throughout the day and become stronger through exercise and rest. Foods we eat that we do NOT need (*especially if you are sedentary!*) is converted into fat to be used as an “emergency” energy store. **Subcutaneous fat** is stored above muscle, closer to under skin, while **Viseral fat** is stored underneath the muscles and around vital organs. We require a balanced diet *based on our activity level* to maintain a healthy bodyweight, and to feel good throughout your day. (You might also think “*You are what you eat*”)

Hydration is a very underrated importance in western society. It is recommended to drink ~1.5-3 liters, or around 8-12 cups per day. We **DO** need to drink water as our body is composed of **60-70% water**, though it is also important to know that having a **healthy dietary balance of all required nutrients and minerals** is necesasry for proper water retention and reduce risks such as **Diabetes**. We will be covering required nutritional & mineral intake when we go over the **Hydration and Nutrition Workshop** together.